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Hiring freeze

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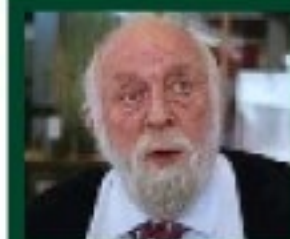
STANDING TALL

B.C. premier backs
mandatory high-heel ban
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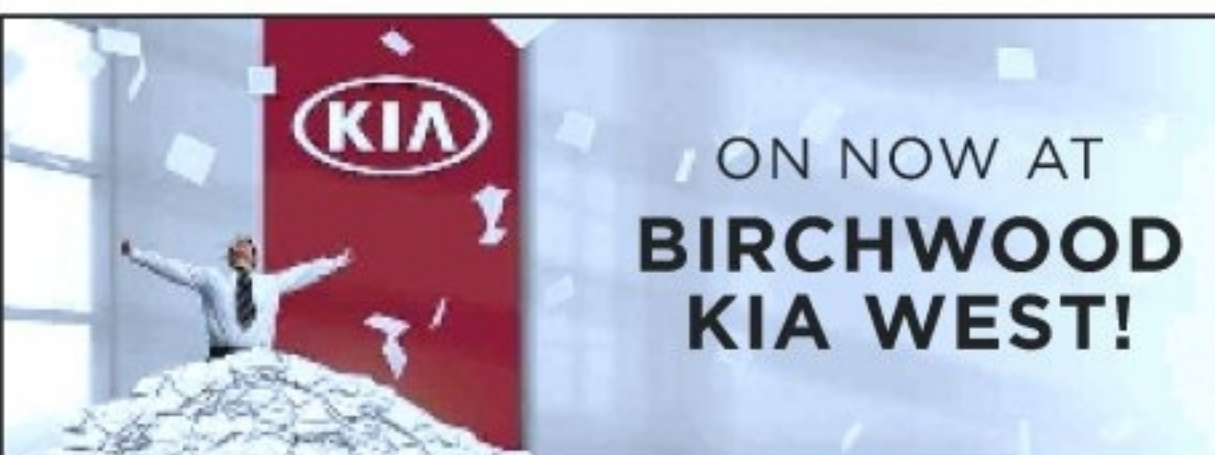
SLOW FASHION

Halifax woman makes
'head to toe' wardrobe
metroNEWS



HARVEY SMITH

Remembering
the Winnipeg
councillor who
fought for the
underdog
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ON PAGE 7

Cut queue-jumping rhetoric, Ted Falk

INSIDE THE PERIMETER

Shannon VanRaes



Ted Falk has found his niche.

The Conservative MP hadn't really made a name for himself since crawling out of the Cretaceous period and into a 2013 byelection, but thanks to a keen ability to exploit human suffering for political gain, he's managed to grandstand his way to notability. Yes, it's by targeting those risking everything to apply for asylum in Canada, but for the former vice-chair of the standing committee on justice and human rights, it's just another day representing the riding of Provencher.

Most recently, Falk released a video saying migrants take advantage of Canada's generosity and exploit loopholes. In question period, he added asylum seekers who walk across the border are "jumping the queue."

The publishable translation of this dog-whistle is: It's not fair.

Sadly, Falk's views are in tune with those held by many of his constituents. His obviously unmoderated Facebook page received hundreds

of accolades following his comments, many of which link asylum seekers to ISIS, call for the Prime Minister to be jailed for life — if not hanged for treason first — or suggest Canadians take up arms and stop migrants themselves.

Now before you ask, if you haven't ready, yes I am aware that social media has long been the home of unsavoury, ignorant and hateful commentary. But Ted Falk is not some rent-a-bigot shilling for a dying tabloid chain because Ezra Levant was unavailable. Ted Falk is a member of Parliament.

And now, he's providing a platform not for discussion, not for free speech, but for unfiltered hate, wild rumours, threats and lies, which is absolutely what one expects from dog-whistle politics.

Clearly, Falk isn't interested in curbing xenophobia, Islamophobia, racism or



Ted Falk says asylum seekers walking across the border are "jumping the queue." THE CANADIAN PRESS

bigotry on something that bears his name and if he has a problem with the idea of imprisoning or killing our current Prime Minister or

shooting migrants, he hasn't piped up to say so.

It's unacceptable, it's dangerous and it's shameful.

You

know what's really not fair, Ted Falk? Having your country plunged in chaos and war, watching your life

destroyed, family killed or maimed. Being persecuted for political affiliation, religion, gender or sexual orientation — that's not fair.

Queue-jumping is when someone cuts in front of you in the grocery checkout. Queue-jumping isn't fleeing your homeland and making it to Brazil in hopes of walking through seven additional countries without being robbed, detained, injured or killed just to reach Canada's border.

For those walking across the border at Emerson there's no hope of meeting Canada's stringent point system that regulates immigration. Many born and raised in Canada — quite possibly Ted

Falk himself — would not be eligible to immigrate to Canada were they not already Canadian citizens by accident of birth.

And despite all efforts, many asylum claims will still be rejected. Canadian Border Services deported 9,382 people to their country-of-origin in 2016.

If Ted Falk had any interest in the democratic processes of the country whose parliament he sits in, he might have provided some facts and insight, rather than populist rhetoric.

And if he had a compassionate bone in his body, he'd try a little more understanding and a whole lot less fear.

TRANSIT

Peggo visitor card in works



Braeden Jones
Metro | Winnipeg

It's been nine months since the City of Winnipeg rolled out its long-awaited automatic fare collection system, Peggo, but there's still more change to come.

At a city finance committee meeting Monday, Transit's manager of finance, Tannis Yanchishyn reported Garival Inc., the tech company behind Peggo, still has to roll out a "visitor card."

According to her report, the visitor card "will be made of paper and be recyclable, but as such does not have the durability of our reloadable cards."

Yanchishyn said the card won't cost the \$5 of a regular Peggo card, making it an option specifically for temporary, short-term Winnipeg Transit users.

"We expect that to be rolled out some time in 2017," she said.

Coun. Janice Lukes said it's an addition to Peggo that caters to visitors who don't see the need to invest in a permanent card, and helps replace paper passes.

"It's like when you go to a city and get a temporary pass, same idea," Lukes said.

Presumably, the Peggo visitor card will also feed into the advanced data collection and analytic benefits of the Peggo system, which Lukes said she's planning to take full advantage of before long.

On Monday she asked transit to come back with another financial report on Peggo by the end of 2017 to summarize "what was sold, how much of what was sold, which card, where they were sold."

She said understanding where people are picking up or filling up their Peggo cards will help the city better understand the demographics and improve the service from a transaction standpoint.

"They've got that data so we need to gather it, analyze it, and it would be very good for councillors and the public to know how it's being used," she said.

Combined with ridership data gained from each time a Peggo card is tapped at the beginning of a trip, Lukes said taking big-picture looks at all of the data and comparing every year will be key to maximizing the benefit of the new system.

BALANCED-BUDGET BILL

Ministers protecting own salaries: NDP

Manitoba's Progressive Conservative government introduced a revamped balanced-budget bill Monday that would give it more flexibility to run deficits for years to come without risking a pay cut.

After winning last year's election, the Tories scrapped an earlier balanced-budget law that banned annual deficits. As an enforcement measure, the law cut the salaries of cabinet ministers by thousands of dollars any time the government was in the red.

Under the proposed law, the government would only have to run slightly lower deficits every year to escape any pay cuts. The bill contains no timeline for balancing the budget.

"You must go lower every year ... if you go backwards, if you regress, there will be the penalty in place," Finance Minister Cameron Friesen said Monday.

"I think part of this is recognizing that we were left with an enormous challenge as Manitobans — an almost \$900-million deficit (under the former NDP government)."

The Opposition New Democrats accused the Tories of protecting their own pockets after announcing a series of spending cuts in recent weeks that include health-care capital projects.

"They don't seem to be willing to accept a cut to their own salaries which, to me, shows a

lack of leadership," said NDP MLA Wab Kinew.

The bill also loosens the way a deficit would be calculated for the purposes of the pay cut.

Losses at Manitoba Hydro, a Crown corporation struggling with mounting debt, would not be counted. As well, the government could take money from its so-called rainy-day fund and have it counted as revenue.

There is one provision the Tories are maintaining in the new bill — a referendum before any increase to the province's sales, income or business payroll taxes. The NDP temporarily suspended that provision in 2013 and raised the sales tax to eight per cent from seven, stirring up voter anger that led

to their electoral defeat.

The Tories took the matter to court to try to overturn the tax increase, but a Court of Queen's Bench judge ruled governments have the right to alter provincial laws, barring some constitutional violation.

The new bill makes it clear the referendum would not be binding on the government. But Friesen said the public vote would carry political weight.

"It would be detrimental to a government to accept a very strong mandate from the people in the form of a referendum and then act differently," he said. "Obviously that government would have to be prepared to pay the price."

THE CANADIAN PRESS

UNSOLVED

Police seek information in homicide investigation

Winnipeg police are calling for the public's help investigating a homicide in the West Broadway area on Sunday. Officers responded to a call about a gunshot in the 200 block of Spence Street at around 10:10 p.m.

They found a 21-year-old woman outside a house with life-threatening gunshot wounds. She was rushed to hospital where she was pronounced dead. Anyone with more information is asked to contact police at 204-986-6508 or Crime Stoppers at 204-786-TIPS (8477).

METRO



SCIENCE

Bison's arrival shifted continent's ecosystem

Scientists finally have been able to pin down when bison first arrived in North America and helped set the stage for the Great Plains that eventually supported the continent's first humans.

"(Bison) showed up and they interrupted an ecosystem that had existed, more or less, for a million years," said Duane Froese, a University of Alberta earth scientist and lead author of a paper published Monday. "The stage was set for North America."

Bison are one of the most successful species ever to inhabit the prairies and have been so for a long time. Their fossils are

so common that scientists use them to help date other fossils.

"When you found bison bones in a bunch of fossils, you knew this was a relatively young assemblage," Froese said.

But no one had been able to fix when bison first crossed over from Siberia and began compet-

ing with the woolly mammoths and horses that dominated the continent.

Froese and his international colleagues began with two fossils — a 130,000-year-old sample from Yukon and another one about 10,000 years younger and a slightly different species from Colorado. They wanted

to see if they could use a type of DNA extracted from the fossils to determine if the two had a common ancestor.

Using a set of well-dated bison fossils, the team calculated the rate of genetic change for bison. They projected that rate backwards to de-

termine when the first bison evolved — what Froese calls "the mother of all bison." That method produced a range of between 195,000 and 135,000 years ago.

Comparing that range to when sea levels were low enough for animals to cross the land bridge between North America and Asia yielded a date for the first bison on this continent of about 130,000 years ago — roughly the same age as the Yukon fossil.

Bison became so common, so quickly, that scientists speculate they actually changed the ecology.

"They became the keystone herbivore of the Great Plains," said Froese. "They probably out-competed horses and mammoths."

Both animals eventually became extinct in North America.

THE CANADIAN PRESS



Scientists finally have been able to pin down when bison first arrived in North America.

THE CANADIAN PRESS

Musician does city proud at film awards

SCREEN AWARDS

Indie artist was nominated for original song in Lovesick



Michelle Bailey

For Metro | Winnipeg

It was far from a typical Sunday night for Jocelyne Schellenberg.

She was glued to her TV in her Kleefer, Man. home March 12 watching and waiting to see if her boy, Matt (Matthew to her) would be taking the stage in Toronto at the 2017 Canadian Screen Awards to collect a trophy.

The awards show is the equivalent of the Golden Globes, and celebrates Canadian film and television. Schellenberg's 32-year-old son was there having been nominated in the category of Achievement in Music — Original Song for the tune Draw Blood from the movie Lovesick.

Lovesick is a rom-com movie created by Winnipeggers and was shot in Winnipeg. So, it made sense that the soundtrack for the movie be written and composed by ... a Winnipegger.

A member of the wildly popular indie-pop band Royal Canoe, Matt Schellenberg was the person Lovesick creator Tyson Caron turned to when it came to writing and performing, along with others, the 13 original tunes that



Matt Schellenberg, of Winnipeg-based indie-pop band Royal Canoe, contributed the song Draw Blood to the film Lovesick. The track was nominated for the Achievement in Music, Original Song award at the 2017 Canadian Screen Awards. JANINE KROPLA/FOR METRO



It made all of those times when we constantly encouraged him to work hard and practice worth it.

Jocelyne Schellenberg

make-up the movie soundtrack.

"The song is one of my favourites from the film," he told Metro earlier this year when Lovesick was screened to local audiences at Cinematheque. "It's acoustic guitar and I really enjoyed doing it."

In the end, he didn't take

home the award, losing out to pianist David Braid's "Could Have Been" from the film Born to Be Blue. However, that did not stop his mom from beaming over her son's accomplishments on this project.

"I was so excited for Matthew," she said with pride. "This nom-

ination recognizes all of the hard work I have been a witness to this past year as he created the sound score. In the song they chose to nominate, every instrument or vocal harmony you hear is him."

She also said her late husband Henry, who was a professor of music, would have been equally as thrilled with Matt's accomplishments.

"It made all of those times when we constantly encouraged him to work hard and practice worth it."



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REMEMBRANCE

Tributes pour in for long-time city councillor Smith



Michelle Bailey
For Metro | Winnipeg

Colourful. Tenacious. Consistent.

That's how North Kildonan Coun. Jeff Browaty describes his former colleague Harvey Smith, who died Sunday at the age of 80.

Smith, who represented the Daniel McIntyre ward for 16 years, was well-known for his passion representing "the underdog," said Browaty.

"You couldn't help but admire and appreciate how he stood up for the issues, in particular social issues, that he held near and dear to him," Browaty said. "Whether it was to speak up against a five-cent increase in transit fees or draw attention to the condition of back lanes, usually with some kind of stunt, he made sure his voice was heard."

Browaty said he and Smith, who lost his council seat in 2014 to Cindy Gilroy, didn't always agree on everything, but



Harvey Smith died Sunday at age 80. METRO FILE

they certainly were on the same page when it came to their carbonated beverage of choice.

"Harvey and I shared a love for real Coca-Cola," Browaty chuckled. "I always had cans of Coke in my office, and when I knew he was having a rough day, I would take a can over to him."

Fort Rouge-East Fort Garry Coun. Jenny Gerbasi paid tribute to her friend and colleague prior to the start of Monday's finance committee meeting.

"One of his biggest legacies was obviously the Sherbrook Pool which, as you all remem-

ber, it seemed so futile to be able to save that pool, but he never gave up," Gerbasi said. "The last time I saw Harvey was at the opening of the Sherbrook Pool a couple months ago and he was able to get there and be there for that, so that was really nice."

Flags were lowered at city hall to honour Smith, whose political career spanned almost 25 years, both as a city councillor and as an NDP MLA for two years.

Gerbasi said "he was completely dedicated to the public service."



Record December snowfall led to a \$9.5 million budget shortfall to start 2017. LYLE STAFFORD/METRO

'Hiring freeze' fails city workers

WORKFORCE

CUPE boss says citizens also hurt by lack of maintenance



Braeden Jones
Metro | Winnipeg

The city's workforce is being set up to fail, or at least struggle mightily, according to a union representative.

Canadian Union of Public Employees (CUPE) local 500 president Gord Delbridge said the so-called "hiring freeze" announced by Mayor Brian Bowman last week — justified as a fiscally responsible reaction to December's surplus-eating snowfall — is "affecting morale in the workplace, no question

about that."

The city's \$1.08-billion budget adopted in November accounted for snow-clearing savings that, early in what was initially a mild winter, seemed reasonable. Record snowfall in December meant plows ran around the clock, and the city began 2017 with a \$9.5-million budget shortfall. Bowman's solution is to leave all vacant positions unfilled, except for police, paramedics, firefighters and bus drivers.

Delbridge explained how doing so while "city workers are already cut to the bone" kicks off a domino effect that hurts employees first, and citizens thereafter, as fewer workers continue struggling to do more and more work.

"Some city employees are doing the work today two or three used to do... And times change, I understand, in some areas where you might have to

adapt, but it's gone beyond that," he said, adding the net effect is clear if citizens look for it.

"We can see for ourselves, look at the condition of our parks, look at the condition of our facilities, and go into arenas, pools you'll see the lack of maintenance and neglect."

Delbridge is concerned that not investing in a full workforce pushes the buck down the line as "neglect" compounds into costly catch-up work.

"At the end of the day it's Winnipeggers and taxpayers who end up footing that bill," he said. "You can't neglect maintenance and hope that it gets better or cheaper."

At Monday's finance committee meeting, CAO Doug McNeil said "it's too soon to tell" what might realistically follow the freeze, but the goal is to "limit any kind of service implications."

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FASHION

Ill-fitting wear pushes woman to sew all of her own clothes

Erica Penton's goal is to never buy clothes again — not even her bras.

The self-taught seamstress is on a quest to fill her closet entirely with clothes she made herself.

Penton started making her own clothes several years ago but got serious about replacing her entire wardrobe with self-made garments last August.

She said she worked in retail for years and found that "fast fashion" clothes never fit her properly.

"I had a hard time finding what I wanted, and when I did find it, it didn't fit me very well, so I was often having things tailored," said Penton, her shoulder-length dark wavy hair resting on a soft grey sweater with a black bow on the neck, a creation she based on one by designer J Crew.

"When I started doing the math... I started to see that



Erica Penton with some of the clothes she has recently completed in the work space of her home in Halifax on Thursday. THE CANADIAN PRESS

making my own clothes was something that I really wanted to work towards, and it also meant I got exactly what I wanted from the beginning."

She has spent hundreds of hours making jeans, winter coats, tops and even bras. Soon, she'll attempt a bathing suit. And this summer, she plans to learn how to make shoes.

"I'm going for head to toe. I'm trying to encapsulate a

wardrobe as much as I can," the 35-year-old said in her home sewing studio in Halifax's north end, with its hand-me-down 1980s-era Kenmore sewing machine.

"I have so much fun. I really love that I get to start with a piece of fabric and a giant paper pattern.... Two really big abstract things that become this 3D object that I love."

Costs can vary, she said. For

example, a J Crew-imitation sweater cost her about \$60, while the designer version would retail for about \$250.

But factoring in labour costs, there isn't always a huge amount of savings. In fact, some garments work out to be more expensive than their store-bought counterpart.

The difference: the fit is perfect.

THE CANADIAN PRESS

WORKPLACE

B.C. premier slams mandatory high heels

Legislation that would make it illegal to require women to wear high heels on the job in British Columbia is getting support from Premier Christy Clark.

"In some workplaces in B.C., women are still required to wear high heels on the job," Clark wrote on her verified Facebook page. "This isn't just old-fashioned; in 2017, it's unacceptable."

Clark says she backs the intent of a private member's bill introduced last week by B.C.'s Green party leader, Andrew Weaver.

The bill he introduced on International Women's Day would prevent employers from setting footwear requirements based on gender.

Clark's Facebook entry posted Sunday promises that the government will take action, saying "this practice needs to stop."

There's no indication in



"This isn't just old-fashioned; in 2017, it's unacceptable."

B.C. Premier Christy Clark

Clark's post if the Liberals will back Weaver's bill or bring in separate legislation.

In the United Kingdom, MPs debated a ban last week on mandatory workplace high heels in response to a petition started by a receptionist who was sent home without pay for wearing flat shoes. The debate was non-binding, but the government promised to act against heel-height rules, makeup guidelines and other corporate codes that apply to women but not to men.

Nicola Thorp was told in December 2015 that her flat shoes were unacceptable for a tem-

porary assignment in London with finance firm PwC. Her employment agency, Portico, had a dress code specifying that female workers must wear non-opaque tights, have hair with "no visible roots," wear "regularly re-applied" makeup — and appear in shoes with a heel between five and 10 centimetres high.

Thorp started an online petition, calling formal workplace dress codes "outdated and sexist." It gathered more than 150,000 signatures, making it eligible for a debate in Parliament. THE CANADIAN PRESS

Canada digest

Taxi driver acquitted of sex assault no longer licensed

The former Halifax taxi driver acquitted of sexual assault this month no longer has a licence to drive a cab in the municipality.

Bassam Al-Rawi had a conditional licence since 2015, but the driver never filed the proper paperwork to actually drive again. A municipal spokesperson said Al-Rawi's licence expired on Friday.

ZANE WOODFORD/METRO HALIFAX

No personal info taken after StatsCan hacked: Officials

A software update revealed that federal taxpayer information was vulnerable and forced the suspension of two government sites last week, but not before Statistics Canada was hacked, officials say. No personal or commercial information was accessed during the window of vulnerability that forced the Statistics Canada and CRA websites offline, officials said Monday. TORSTAR NEWS SERVICE



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Girl Guides nix trips to the States

MUSLIM BAN

Group worries members could be turned away at the border

Girl Guides of Canada is cancelling any trips to the United States, citing concerns that some members could be turned away at the border.

"It also has to do with safety," Sarah Kiriliuk, the organization's national manager of marketing and communication, said Monday. "We want to make sure that if our girls are travelling that they are not going to be in a risky or unsafe situation.... We can't leave a girl behind."

The organization, which has 70,000 girls and 20,000 women

who are volunteer guiders, said it decided to cancel future travel because of the uncertainty over whether all of its members would be allowed to cross into the United States.

President Donald Trump has recently introduced an immigration ban that affects would-be visitors and immigrants to the U.S. from six Muslim-majority countries who do not hold a valid U.S. visa.

"We realize we had to stand by our organizational commitment of inclusivity and diversity," Kiriliuk said. "We talk the talk, we try to walk the walk. We're an inclusive and a diverse organization and this is just an extension of that."

Girl Guides of Canada will not be approving any new travel to the U.S. until further notice, the statement said.

This includes day trips and

weekend outings or longer, and any travel that includes a connecting flight through a U.S. airport.

"Not being able to cross a border, can you imagine what would happen?" Kiriliuk asked. "A group shows up at the border and one girl can't go across — that puts everybody in a very difficult situation."

If there's a trip that has been planned and paid for, Kiriliuk said, then the organization is doing a risk assessment on those trips.

The organization is encouraging people to take domestic trips especially because this is 150th anniversary of Confederation.

Girl Guides is not the first organization to suspend trips to the U.S.

Several schools and school districts across Canada debated going ahead with trips south of the border following the first executive order issued by Trump in January.

TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS

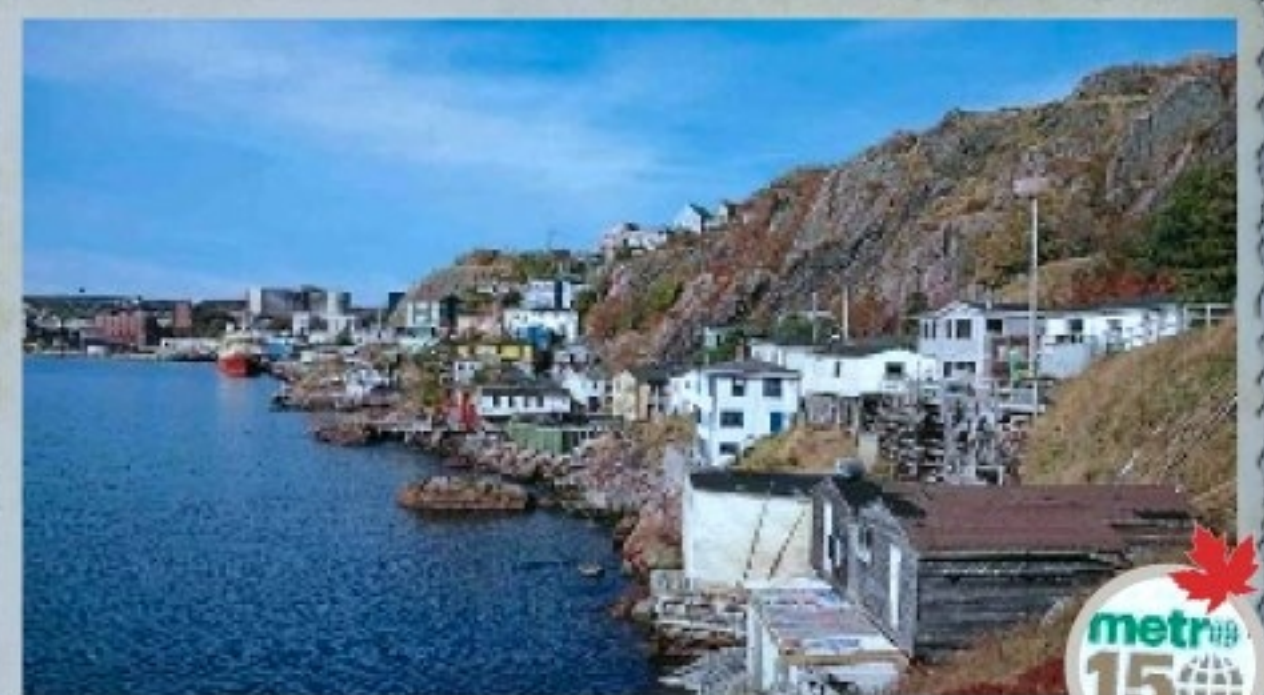
"We realize we had to stand by our organizational commitment of inclusivity and diversity."

Sarah Kiriliuk

150 WAYS of looking at Canada

POSTCARD NO. 40

ST. JOHN'S, NEWFOUNDLAND



IT WAS A COOL CRISP DAY IN LATE OCTOBER AND I DECIDED TO GO FOR A HIKE THROUGH THE BATTERY LEADING UP TO SIGNAL HILL IN ST. JOHN'S, N.L. ST. JOHN'S HOLDS A SPECIAL PLACE IN MY HEART AS THE CITY WHERE I WAS BORN. THESE PICTURES HELP DESCRIBE THE NATURAL BEAUTY OF THE OLDEST CITY IN NORTH AMERICA. **GLENN BARRON**

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Scotland seeks new vote amid Brexit spat

INDEPENDENCE

Move comes as U.K. clears final hurdle to begin EU exit

Scotland's leader delivered a shock twist to Britain's EU exit drama on Monday, announcing that she will seek authority to hold a new independence referendum in the next two years because Britain is dragging Scotland out of the EU against its will.

First Minister Nicola Sturgeon said she would move quickly to give voters a new chance to leave the United Kingdom because Scotland was being forced into a "hard Brexit" that it didn't support. Britons decided in a June 23 referendum to leave the EU, but Scots voted by 62 to 38 per cent to remain.

Scotland must not be "taken down a path that we do not want to go down without a choice," Sturgeon said.

The move drew a quick rebuke from Prime Minister Theresa May, who said a second referendum would be hugely disruptive and was not justified because evidence shows most Scottish voters oppose a new independence vote. She accused Sturgeon's Scottish National Party of political "tunnel vision" and called the referendum "deeply regrettable."

"It sets Scotland on a course for more uncertainty and division," May said.

Sturgeon spoke in Edinburgh hours before Britain's Parliament approved a Brexit bill that will allow the U.K. to start the formal withdrawal from the EU within days.

Sturgeon said she would ask the Scottish Parliament next week to start the process of calling a referendum, to be held between the fall of 2018 and the spring of 2019. She said by then, details of Britain's post-Brexit deal with the EU would be clear and Scottish voters would be able to make "an informed choice."

THE ASSOCIATED PRESS



Scotland's First Minister Nicola Sturgeon is demanding a new independence vote as the United Kingdom's split with the EU looms. THE ASSOCIATED PRESS FILE

U.S. HEALTH CARE

Millions projected to lose their coverage

Nonpartisan analysts project that 14 million people would lose coverage next year under the House bill dismantling former President Barack Obama's health-care law. The estimate is a blow to Republicans.

Monday's estimate by the Congressional Budget Office says the number of uninsured would grow to 24 million by 2026.

The projections give fuel to opponents who warn the measure would toss millions of voters off insurance plans. Criticism has come from Democrats, Republicans from states that benefit from Obama's law and many corners of the health-care industry.

House Democratic Leader Nancy Pelosi says Speaker Paul Ryan should pull the bill from consideration, saying, "It's really the only decent thing to do." Meanwhile, Senate Minority Leader Chuck Schumer says the report demonstrates that the bill means higher costs and less coverage for consumers.

President Donald Trump backs the GOP plan.

Republican leaders have said their aim is to lower health care costs. They say coverage statistics are misleading because many people covered under Obama's law have high out-of-pocket costs that make health care unaffordable.

THE ASSOCIATED PRESS

NETHERLANDS

Turkey launches sanctions over ministers' treatment

Turkey announced a series of political sanctions against the Netherlands on Monday over its refusal to allow two Turkish ministers to campaign there, including halting high-level political discussions between the two

countries and closing Turkish air space to Dutch diplomats.

Turkey wanted to drum up support in the Netherlands among Turks eligible to vote in an April 16 referendum that would greatly expand the powers of Turkish President Recep Tayyip Erdogan. THE ASSOCIATED PRESS

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BLUEPRINT by Genna Buck and Andrés Plana

Seeing the forest for the cities

City life can be bad for you: Air pollution, excessive noise and a dearth of green spaces leave urbanites chronically sick and stressed-out, writes Florence Williams in a new book, **The Nature Fix**. But a walk in the woods or on the beach lowers heart rates and stress hormones, and may even help us feel more focused and sociable. With good planning, Williams writes, it's possible to create "cities of awe" with the benefits of the great outdoors built right in. **Here, five ways cities are connecting citizens to nature:**

Plant trees

One of the most important things cities can do is also the easiest. Trees attract birds, and birdsong lifts our spirits. The smell of cypress seems to ease fatigue. And that's not to mention the dramatic air-quality benefits. **Toronto** earned a shout-out from Williams for its 10 million trees.



Bring parks to people

Nearly half of **Singapore** is covered with green space — a remarkable achievement in an Asian metropolis of 5.4 million. The city-state's goal is to get 90 per cent of its residents within 400 metres of a park. The number now stands at 70 per cent.



Bring out the best in bodies of water

Oceans, lakes and rivers are "soothing and universally loved" Williams said, so cities should keep them beautiful and make them easy to access. **Wellington, New Zealand** has a vast marine preserve, nicknamed the "snorkel trail," right inside the city limits.



Take a hike

Williams praised the walking trails along the tidal basin around **Seattle**. She says cities should make it as easy as possible to get her recommended minimum "dose" of five hours in nature every month. Urban noise can interfere with the benefits, but by incorporating "incredible visuals, wonderful smells and cool things to touch," cities can partly make up for it.



Push kids to play

Immersion in nature has been linked to better mood and behaviour, increased focus and improved school performance in kids. **Fukuoka City, Japan** has taken disused school parking lots and transformed them into mini-ecosystems called biotopes, complete with resident ducks and swampy paddy fields to explore.



PUBLIC WORKS The week in urbanism



Like the autobahn, but for bikes Berlin is looking at installing 13 new "bike highways," including two by the end of the year. They would be at least five kilometres long, four metres wide — to allow for safe passing — and separated from other traffic.

Like Smell-O-Vision, but for transit Singapore started a new program where 100 buses will emit subtle scents, including rose and peppermint. It's part of a mission to make riding the bus more attractive.

URBAN DICTIONARY Induced Demand



DEFINITION The phenomenon when expanding a road's capacity simultaneously increases demand to use it and cancels out any perceived benefit, like easing gridlock.

USE IT IN A SENTENCE

The councillor wanted an urban highway to ease traffic, but city staff pointed out congestion would be at the same level in five years due to **induced demand**.

CITY CHAMP

Lourdes Juan is the founder of Calgary urban planning firm Hive Developments, which focuses on community outreach in planning. She is also founder of the LeftOvers Calgary, a non-profit that diverts food from landfills to supply local agencies.
@lourdesmjuan



WORD ON THE STREET by Matt Elliott

City halls need to match the fast pace of city life



under debate in terms of how old I'll be when they're finally completed.

I'll probably be past 35 by the time Toronto finally approves a comprehensive plan for laneway housing, for example. I'll be in my forties before the next major phase of waterfront development is complete. And when the first train rolls down the tracks of the city's long-planned downtown relief subway line, the odds say I could pay the seniors' fare.

Thinking about city build-

ing probably shouldn't make me contemplate my own mortality, but such is the nature of city government in Canada. Things move slowly at city halls.

But slowness doesn't need to be the status quo. Recently, some Canadian cities have shown a desire to streamline their processes, all in the service of moving a little faster.

Last week, the City of Vancouver announced a pilot project designed to speed up the approval process for low density development.

In Toronto, a city report released last spring showed that permitting round-the-clock construction can

halve completion time and reduces costs by 10 to 20 per cent.

And in Montreal, a new 67-stop LRT plan backed by the province's pension fund has moved from announcement to environmental review in less than a year. That's furiously fast for a transit project.

Brian Kelcey, an urban planning consultant with experience working in the mayor's office in Winnipeg, highlights these kinds of things as examples of what he calls "fast government." He wants to see more of it.

"We have these decision-making processes that worry about cost and they worry

about consultation — and those are all important things — but we haven't really built any of our systems to factor in the value of speed," he tells me.

Kelcey points to a bunch of things that tend to gum up the gears of government. Local politicians too often fall prey to a "desperate urge to accommodate everyone — no matter how impractical." Cities hold endless public consultation meetings even on issues where the outcome is inevitable.

And there's still a reluctance to adopt the tested solutions of other cities. "We often use pilot projects to relearn the lessons that other

cities have already piloted," Kelcey adds.

There's no single lever for speeding up government, but Kelcey believes a part of it is a pretty simple shift in thinking.

"It needs to be a cultural change of managers, of councillors, of mayors, of citizens actually acknowledging out loud that there's a virtue to speed," he says.

Makes sense to me. I'll start. I'm Matt, I live in a city I want to see grow and improve — and I've got a need for speed.

Matt Elliott is an urban affairs columnist for Metro Toronto.



When home life and work life merge

PARENTING

BBC dad went viral, but role is usually held by 'hybrid' moms

Kristen Thompson
life@metronews.ca

If you spent more than a nano-second online over the weekend, you probably saw the video of a toddler bombing her dad as he's giving a live Skype interview with BBC News.

You also probably laughed out loud as the little girl bounced into her father's home office, followed by a younger sibling in a walker, then their panicked mother who drags the kids out of the room. But for those working from home, that comedy of errors is all too familiar.

With many workplaces offering little flexibility as to when and where parents can work, and daycare costs continuing to rise, more parents are choosing to leave their careers to carve out new paths as freelancers or entrepreneurs.

More often than not it's women, not men, who are entering this new fray: not quite stay-at-home moms, not quite working moms, but some sort of hybrid version of both.

They get to spend their days with their children, but to do that they have to give up meaningful full-time jobs, colleagues and coffee breaks, dependable income and benefits.

Irene Boekmann, assistant

professor in the department of sociology at the University of Toronto, says children are a big driving factor forcing women from work, and that this doesn't tend to be the case for fathers.

"There is definitely an interesting gendered story here," she said, pointing out that mothers with younger children are more likely to work from home than other women. "Research shows that children increase Canadian women's (but not men's) likelihood of self-employment."

When home life and work life are one in the same, there's no real break from either.

Melissa Milkie, a sociology professor at the University of Toronto, says a lack of feasible part-time professional work, along with workplaces with inflexible work hours, can be push factors that drive women to entrepreneurial work from home.

"The unfriendly workplace, full-time work, (they're) not easy to combine with motherhood," Milkie said. "So they move to freelance or other forms of work ... but it may be difficult to re-enter the workforce down the road."

For many women, that means work life and home life become one and the same, and there is no longer a strong distinction between the two.

"What we call 'role-blurring' between work and family roles, is actually linked to more distress for workers — more anxiety, depression, anger and so on. And role blurring is common among those working at home," Milkie said.

TORSTAR NEWS SERVICE



Kristen Thompson has found working from home as adventurous as Robert Kelly who went viral when his kids crashed his live TV interview with the BBC (inset). CONTRIBUTED

Voices shouting 'mom' under the door: I felt his pain

The first time I watched the BBC video, I laughed out loud — then I cringed, because I've been there.

I've nearly dislocated my shoulder trying to shoo my kids out of the room while doing an interview, or typed frantic "get them out of here!" texts to my husband as tiny voices shout "Mom!" under the locked door.

It sounded luxurious at first: As a freelance journal-

ist I could choose my own schedule, work in pyjamas, have wine at 3 p.m. But the reality ended up being a lot messier.

The truth is I feel I'm pulled in more directions than I can manage.

When home life and work life are one in the same, there's no real break from parenting or working — you're doing both at all times.

Household chores that

were divided up evenly when I worked in the office now fall almost exclusively on me as my husband's work hours are set, and mine are flexible. So I do the bulk of daycare drop-offs and grocery shopping, meal prep and doctor's appointments.

Crammed in between all of that I'm researching, interviewing and writing. I'm signing kids up for swimming lessons while

sending invoices, changing diapers and setting up interviews. A story that should take three hours to write easily takes three days.

It's two full-time jobs, and there is never a break from either. Because of this, I often feel like nobody really gets my full attention — not my work, and not my family.

Self-employment has been a wonderful opportunity for my family. It meant a pay cut, but it has also meant a degree of freedom I never had in my previous working life.

That doesn't mean it's easy, as the parents in the viral video can tell you. As I type this, my one-year-old is lying on my chest and my three-year-old is yelling for help from the kitchen. It's hard. But it's also the best.

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Stretching: The scientific truth

EXERCISE

Body experts say the way we warm up may be all wrong

Among the glut of exercise advice, one thing seemed settled long ago: don't forget to stretch.

So we pulled our limbs in every direction, tugged on our ankles and reached for our toes before every workout.

But in recent years stretching doubt set in, as studies cast doubt on its effectiveness and some suggested it could lead to injury.

"An exercise in nothingness?" headlines read. If it doesn't work, why bother?

"There's been a lot of confusion," says David Behm, a leading stretching expert from Memorial University in Newfoundland.

But Behm and an international group of researchers are clos-

er to understanding the value of stretching and how to do it after conducting an expansive review, published last year, of 150 studies.

Their conclusion? Yes, you should stretch — but not the way you think. The key to the pre-workout regimen is "dynamic" stretching. Also called "movement practice," it has become an established decree of fitness experts, despite not fitting most conceptions of "stretching."

"Most people think 'I want to get more flexible and I want to get stronger,'" Behm says, but the traditional brand of stretch-and-hold, sit-and-reach exercises, or what is called "static" stretching, won't help your workout. In fact, an extensive stretching routine could make you weaker and lead to injury, Behm says, comparing it to using a slack elastic band to pull a wagon, instead of one that's taut.

Dynamic stretching involves a gambit of movement exercis-

es that take the joints through their full range of motion — high-knees, butt-kicks, walking lunges, deep bodyweight squats, trunk rotations and arm swings to name a few.

"It's a very different type of thing than what people consider stretching," says Greg Wells, assistant professor of kinesiology at the University of Toronto. "It's great before almost every single type of activity."

Static stretching won't do that. Instead, it slows the body, which is the opposite of what's needed for a workout.

"What you want to do is prime your body for the motion," says Kathelen Trotter, Toronto fitness expert and author of Finding Your Fit.

"The body needs a really good balance of mobility and flexibility," Trotter says, noting static stretching can help with the latter, but extensive stretch-and-hold routines should be a separate workout altogether.

STATIC VS DYNAMIC

Before runs, squat and lunge

While more traditional static stretching is good for relaxation, fitness experts insist **dynamic stretching** is much more important before any rigorous activity.

Before a long run, you might warm up with a **short jog** followed by **deep squats** that grease the legs and hips, Wells suggests. **Walking lunges** are also encouraged.

Dynamic stretching is about getting the body ready for physical activity: "waking the body up, activating the muscles, lubricating the joints, and increasing the body's temperature," says Greg Wells, assistant professor of kinesiology at the University of Toronto.

ISTOCK



Static stretching is also a good practice for relaxation since it calms the nervous system down.

"It's an amazing way to decrease stress," says Wells. "If you've had a tough day, if you're wired, if you get home at night and you feel like you're about to explode, stretching is one of the

most amazing things you can do. Turn on a show and instead of lying on the couch, stretch for half an hour."

While the research has come a long way, there's more to be done. Stretching post-workout has not been studied at length, but Behm says he would warn

against stretching after an especially rigorous routine.

"If the workout has been quite fatiguing then the muscles are weaker and an intense stretching bout could overcome the weaker muscles and lead to muscle strain injury."

TORSTAR NEWS SERVICE

STUDY

Canadian CF patients live longer than U.S. counterparts

Canadians with cystic fibrosis have a median lifespan a decade longer than their U.S. counterparts and researchers on both sides of the border are trying to figure out why there's such a dramatic survival gap between the two countries.

A study found the median age of survival for Canadians

with the inherited disease is almost 51 years, compared with about 40 years for their American counterparts.

After taking into account factors like patient age and disease severity, researchers found the risk of death among people with CF was 34 per cent lower in Canada than in the U.S..

Cystic fibrosis, which is caused by a genetic mutation, causes thick mucus to build up in the respiratory system, leading to frequent infections that scar the lungs and reduce the ability to breathe. Mucus can also block tubes from the pancreas to the small intestine, requiring patients to take digestive enzymes

in order to absorb nutrients.

The study, published in the *Annals of Internal Medicine*, was funded by the U.S. Cystic Fibrosis Foundation using data from 45,456 patients in its registry and 5,941 patients in the Canadian registry from 1990 to 2013. The 10-year difference in lifespan was based on the last five years.

"Survival has increased in both countries, but Canada began to see greater improvements than the U.S. starting in 1995, with an even more dramatic increase in the survival rate in Canada noted in 2005," said principal investigator Dr. Anne Stephenson, a respirologist at St. Michael's Hospital in Toronto. THE CANADIAN PRESS



Melissa Benoit who has CF and her daughter Olivia.

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LEARNING CURVE

Ditch the web and head to the library instead

Ever since the first academic institutes were erected, the library has stood as the central station of information for students. But in the digital age, when many post-secondary pupils are quick to turn to their computers for quotes and content, this once-noble tower of knowledge is lagging in popularity.

So should the students of today who fixate on their screens for scholastic success reconsider the benefits of their campus library?

"Academic libraries pay millions of dollars a year for access to specialized collections to support the work of the university," says Julie Mitchell, assistant director of the Irving K. Barber Learning Centre at the University of British Columbia. "If it was freely available online, we wouldn't be paying for it. We subscribe to the most current research and curate resources

that we know students need for their courses."

And amongst all that research, there are hidden gems offered by a library that can provide an unmatched and even transformative experience for students.

"We live in an electronic world, but there is nothing like the hands-on experience of interacting with materials from the 13th and 15th century," says Mitchell, referencing the unique collections housed in the UBC library, as well as those shelved in other academic libraries in Canada. "Smelling parchment, seeing holes in animal skins — there is nothing like that in the digital world."

"Libraries curate information in a way that the open web simply can't," adds Annie Bélanger, associate university librarian at the University of Waterloo. "You can search in



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Google but not know how to use information. That's where libraries can be very powerful."

Bélanger says that students often forget that librarians are specially trained in helping them hone research questions and are there to help them not only find the information they need but evaluate it, transferring that information into knowledge.

Aside from its benefit as a meeting place for students, faculty, staff and researchers, Mandissa Arlain, communications librarian at

Ryerson University, points to all the things that can be accessed in campus libraries for free, that many students aren't even aware of.

"We offer quiet study spaces, including bookable group study rooms. We have laptops, camera kits, tripods, GoPro and an Oculus Rift for loan," says Arlain of Ryerson's available materials. "We also offer workshops that range from navigating research databases to 3D printing, augmented reality, 3D animation and more."

- LIZ BEDDALL



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An athlete when she was growing up, Michelle Khounnoraj knows all about the pain of sports injuries, having sustained many of them over the years.

For this reason, her interest in sports rehabilitation led her to the massage therapy program at Robertson College.

"I believed it was time to give back," says Khounnoraj.

In high school, Khounnoraj had the chance to take a few introductory kinesiology courses, which initially sparked her interest in this field.

"Massage therapy is one of the therapies I plan to have under my tool belt, but athletic therapy is my next mountain I'd like to climb," she says.

"Some people understand business and finance or other fields; how muscles and bones work together is something that clicks for me."

She chose Robertson College after reading up on the instructors who teach the massage therapy program.

"I liked that I was being taught by therapists themselves who have worked in the field and could give us real life scenarios," says Khounnoraj.

"I also liked that it was smaller classes and your instructors were able to get to know you. Each instructor had a different bond with everyone."

She says they were able to see the strengths and weaknesses of each student and helped them to progress to become better therapists.

Not only are Robertson College students able to learn from massage therapists, they also have the privilege of learning from chiropractors and physiotherapists (to name a few).

"We were able to pick their brains on their career paths as well and understand alternative health care as a whole," says Khounnoraj.

Khounnoraj completed the two-year program last October and is now working as a registered massage therapist at Turtle Island Massage Therapy.

"Graduating from this program and now working within its field is truly satisfying and quite amazing," she says.

"Being able to witness the improvement in your clients' health and knowing that you were a part of the process is something like no other."

Khounnoraj says her ultimate career goal is to eventually teach.

"I'd like to continue my education with the musculoskeletal system and the different modalities massage therapy has to offer," she says.

"I would like to combine this training with athletic therapy and see where that takes me in the future."

To learn more, visit robertsoncollege.com.



Being able to witness the improvement in your clients' health and knowing that you were a part of the process is something like no other.

Michelle Khounnoraj

SWING INTO HIGH GEAR WITH A CAREER IN ADMINISTRATION

Fast-paced program focuses on developing skills in business computing, small business accounting and bookkeeping

The administrative assistant program at Red River College is designed for students who want to get into a business career fast.

"This program is good for self-starters with a high attention to detail, who aren't easily distracted by things, well-organized multi-taskers, and those who like working with a variety of personalities, in person and on the phone," says Vera Godavari, project and communication officer, RRC.

This program also attracts people who are already in the field but are looking for career advancement or a career change.

Recent graduate Willa Klyne decided to come back to school after teaching for 29 years.

"I want to work for a very long time. My mom worked part time until she was 75 years old and I see myself doing the same thing,"

Klyne says.

Throughout her time in the program, Klyne was impressed with the quality of the program, the instructors and was inspired by the other students around her.

"The program was very intense, extremely busy. I really admired the single mothers in the classroom," says Klyne, who has two sons in their 20s.

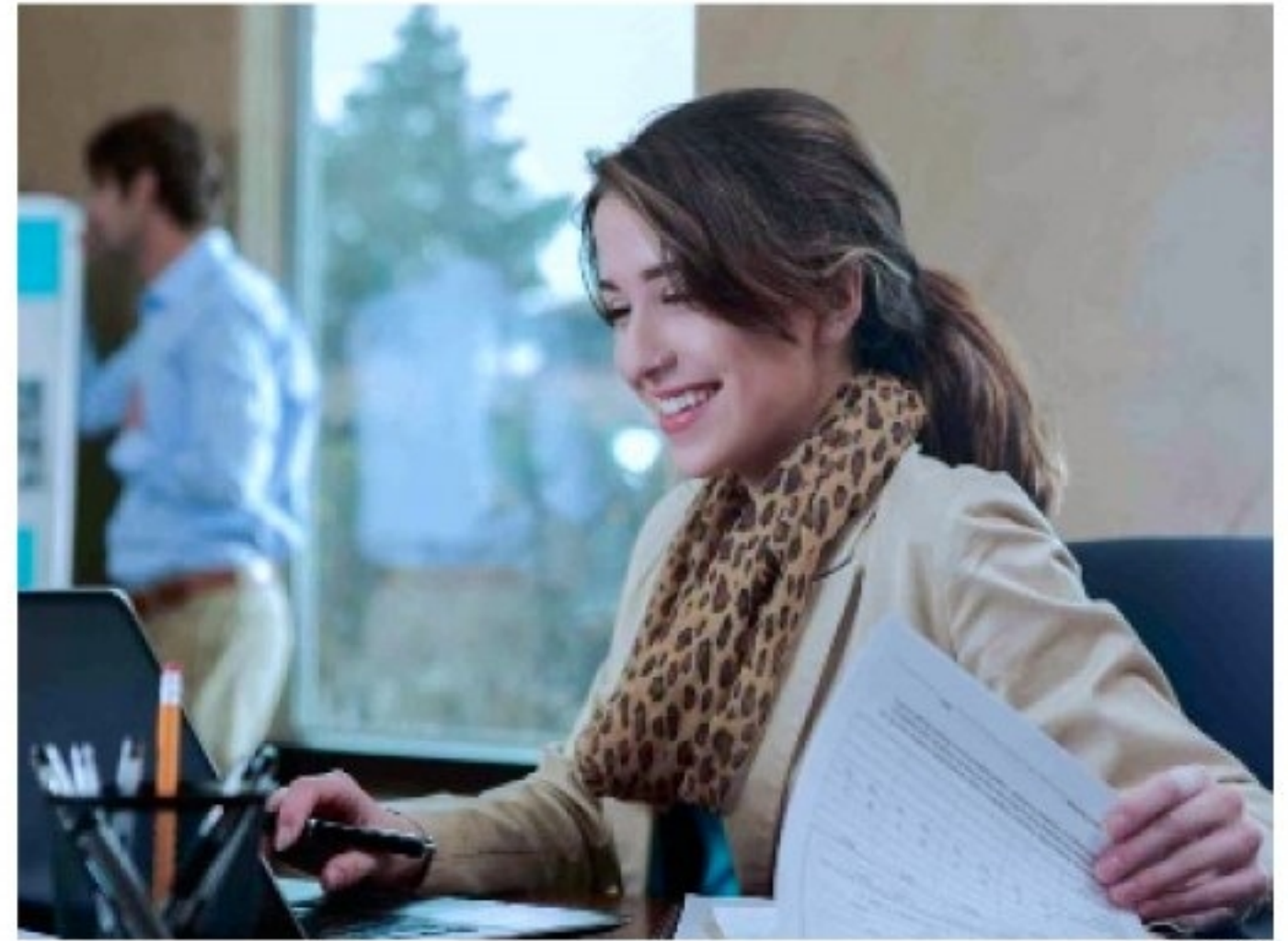
While this program is intensive, it prepares students to be able to meet the demands of their workplace in just 17 weeks.

The program consists of 14 weeks in class and a three-week practicum.

Students study business computing, basic business math, bookkeeping and accounting for small business, Simply Accounting, basic business communication, administrative procedures, office professionalism, customer service and event planning.

RRC students also work on soft skills, including communication, professionalism and customer service.

The practical component allows students to apply their skills in a real workplace.



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"Employers get knowledgeable students who won't require much additional training," says Godavari.

Graduates of this program could work as administrative assistants anywhere: corporate settings, government agencies, legal and medical offices, schools, hospitals, etc.

This program offers three intakes per year,

with the next start date being May 15.

The program is also available as a part-time option.

For seasoned professionals looking to update their skills in this area, RRC also offers an administrative assistant refresher course.

For more information on the administrative assistant program, visit rrc.ca/ada.

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Students extend hand locally through outreach programs

There are a number of health benefits to receiving massage therapy, but for many individuals, if massages are not covered through their benefits, they may never understand the impact it can have on their wellbeing.

Through the massage outreach program at Wellington College, the goal is to provide massage therapy benefits to those that don't normally have access to massage therapy services.

"Many that do participate in the program are discovering the many benefits that massage therapy can provide," says Sheila Bergman, WC(Hon), RMT, outreach coordinator and instructor at Wellington College of Remedial Massage Therapies Inc.

The outreach program at Wellington College has been operating since 1996 when they began a program at a seniors home in Winnipeg, and has since grown to serve a much larger community in the Winnipeg area.

For the students of Wellington College, the aim of the outreach program is to provide an avenue where they can integrate

their skills into a public environment.

This program allows students to enhance their interpersonal skills, while exposing the students to individuals they are not familiar with.

They will also gain first-hand experience with conditions they have been studying in their pathology course.

Besides interacting with members of the public, this program gives Wellington students the opportunity to interact with other members of the health care team and better understand the health care system.

This will give them the chance to develop habits regarding clinical/volunteer procedures, to build confidence, to develop a work ethic and team skills, and to develop an understanding of operations required outside of massage therapy to build a practice.

Currently, Wellington College has the following outreach programs: Multiple Sclerosis Clinic, Outreach Clinic, Trailblazers Life Choices Inc., Grace Hospital, Health Sciences Centre, Action Marguerite, and many more.



CONTRIBUTED

Many that do participate in the program are discovering the many benefits that massage therapy can provide.

Sheila Bergman

Any facility that believes participating in the massage outreach program could benefit their clients and Wellington College students can contact Sheila Bergman at sheilaberg-

man@shaw.ca for further information.

For more information about the massage outreach program at Wellington College, visit wellingtoncollege.com.



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As an addictions and community service worker, you can work with youth, at a drug treatment and rehabilitation centre, a group home, a community mental health centre, a correctional facility, or a facility that specializes in providing services for physically or developmentally handicapped people.

To get into this challenging and rewarding field, enroll in a reputable education program. The Addictions and Community Services Worker program at CDI College is a great place to start, offering a broad range of courses and hands-on experience.

A 300-hour full-time community placement is included in the program, giving you the practical experience you'll need to start working in



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the field as soon as you graduate.

To support up-and-coming addictions and community services workers, CDI College is now offering a \$3,000 scholarship for every student who enrolls in the program. Some conditions apply, contact campus for more details.

Becoming an addictions and community services worker is a great way to give back in your community.

For more information on CDI College's Addictions and Community Services Worker Program, call 1-800-360-7186 or visit services.cdicollege.ca.

A free online program is helping protected residents learn French

Permanent residents and protected people who want to integrate into Canadian society by learning the French language can do so at their convenience thanks to a free online program, CLIC en ligne.

"Learning the language is one of the most important things to do when you immigrate to a new country," says Fabienne Labatut, the project lead of the program, which is the online version of the French-language program, cours de langue pour les immigrants au Canada (CLIC). "Our training focuses on learning language related to housing, banking, citizenship and how to get a job, to name just a few, through reading, writing, listening and speaking."

CLIC, which is funded by Immigration, Refugees and Citizenship Canada and, since 2014, run by La Cité Collégiale, is offered at various levels.

Students complete each level through a combination of group and independent learning, and have access to their instructor as well as CLIC's administrative team.

The program has gone from having four participants when it launched to more than 200 in six provinces, says Labatut. This year, it will expand across Canada.



ISTOCK

"Our program will be a great opportunity for people in regions or provinces when there is very little French language training offered," says Labatut. "We have seen a lot of province mobility for immigrants and knowing both official languages has proven an asset in job hunting."

To learn more, visit clicenligne.ca.

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INDIGENOUS ENGINEERING STUDENTS RISE ABOVE

Community to celebrate success of eight ENGAP grads

The Engineering Access Program (ENGAP) is very proud to announce the graduation of eight ENGAP students, all receiving their Bachelor of Science in Engineering Degree.

On Wednesday, March 22 we will celebrate their success in Marshall McLuhan Hall, inviting family members, friends, faculty and the broader community to join.

ENGAP is a friendly, warm and supportive community of students and staff that was originally developed to bring about a greater representation of Indigenous students within the engineering profession, as less than one per cent of engineers in Canada are Indigenous.

The success of ENGAP can be attributed to the wide array of support it offers students, from academic, personal and financial to employment and community connections.

If Indigenous students do not have the university entrance requirements, the ENGAP program offers upgrading classes

in math, physics, chemistry and computer science to help the students meet the highly competitive demands of engineering. ENGAP then continues to support its students throughout their engineering degree and welcomes new Indigenous students at any stage of their degree.

Our Indigenous engineering students have great career opportunities as they are sought after and hired for summer jobs, as well as after graduation. In addition, when students are part of an engineering department they can experience term work positions through the co-op program.

ENGAP's Application forms for the 2017/2018 Academic school year are due May 1. Be sure to include all required documentation. Application forms can be found on our website.

Get in touch with ENGAP

For more information, please call (204) 474-9872 or toll free in Manitoba 1 (800) 432-1960 ext. 9872 or visit our website at engap.com



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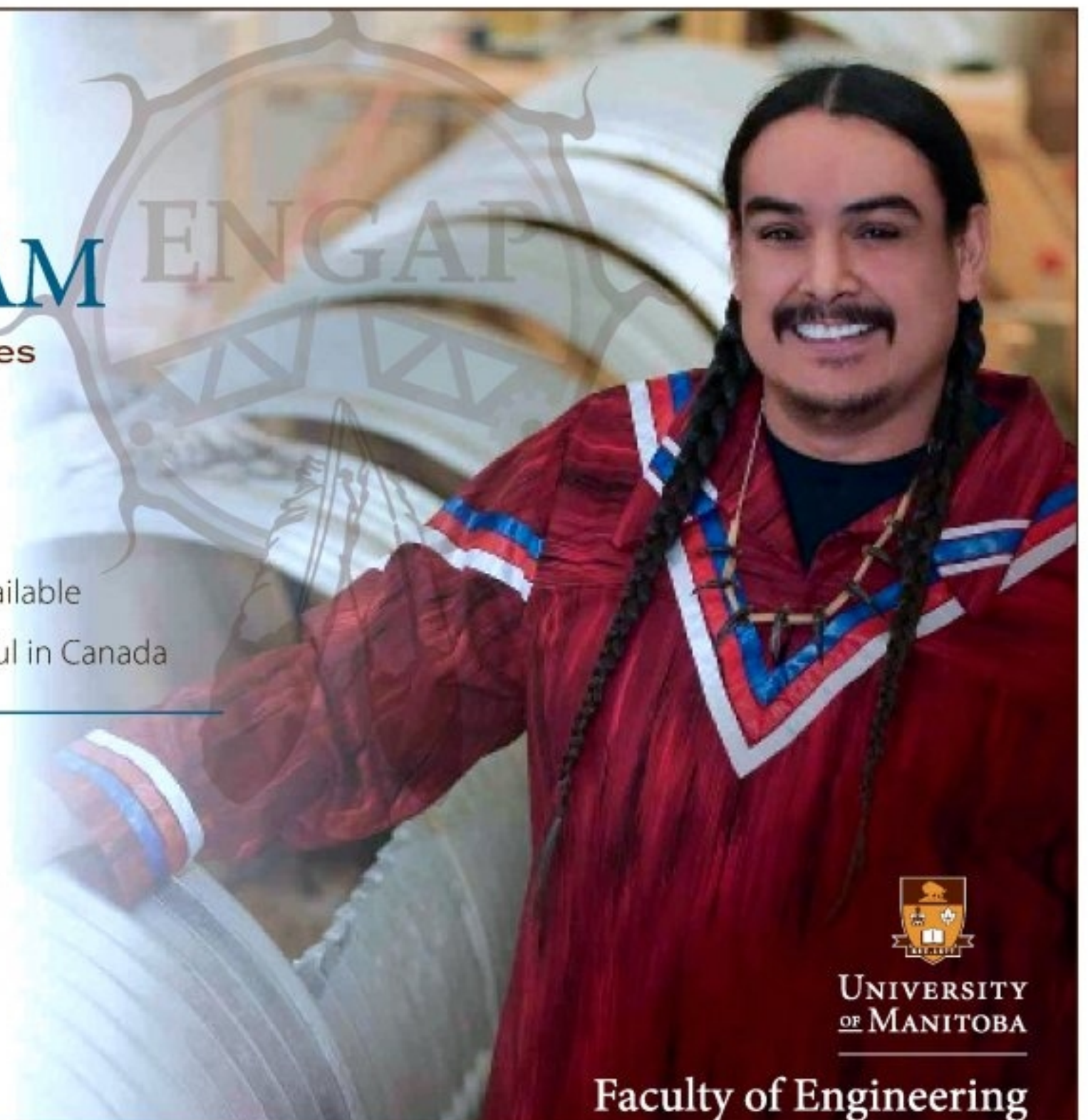
FOR MORE INFO:

Phone: 204-474-9872

Toll free in Manitoba: 1-800-432-1960 ext. 9872

Email: engap@cc.umanitoba.ca

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Predators left-winger Viktor Arvidsson checks the Jets' Julian Melchiori on Monday night. MARK HUMPHREY/THE ASSOCIATED PRESS

Jets grounded in OT

NHL

Neal scores game-winner for Preds on power play

James Neal scored at 2:11 of overtime to give the Nashville Predators a 5-4 victory over the slumping Winnipeg Jets on Monday night.

MONDAY In Nashville



With the Predators on a power play, Neal made a head fake at the right faceoff dot and drifted toward the low slot before firing a wrist shot by Jets goalie Connor Hellebuyck to

the far side.

Just 12 seconds before Winnipeg's Dustin Byfuglien was whistled for hooking at 1:37 to set up Nashville's game-winner, Predators goaltender Pekka Rinne denied Finnish countryman Patrik Laine on a breakaway from just outside the crease after Laine stickhandled through all three Predators skaters on the ice.

Rinne finished with 30 saves. Austin Watson, Mike Fisher, Filip Forsberg and Ryan Johan-

sen also scored for Nashville (34-24-11) in its second consecutive win.

Blake Wheeler, Byfuglien, Laine and Joel Armia scored for Winnipeg (30-33-7), which has lost four straight. Hellebuyck made 37 saves.

The Jets' three-game road trip resumes Tuesday night in New Jersey. It will conclude on Thursday night when they take on the New York Islanders in Brooklyn.

THE ASSOCIATED PRESS

NHL

Coaching changes spark turnarounds

Change the coach, get a boost.

It's worked almost without exception in the NHL so far this season. Five teams have fired their coach and all, to some degree, have seen an improvement.

The Montreal Canadiens were the latest to make the move, replacing Michel Therrien with Claude Julien in mid-February. They've since reeled off eight wins in 11 games while maintaining their tenuous hold on the Atlantic Division.

Julien's former team in Boston, meanwhile, has fared excellently under Bruce Cassidy, boasting 10 wins in 13 games

ahead of a Monday night's clash in Vancouver. The Bruins' special teams have remained superb since the change, goaltender Tuukka Rask has found his game

and the club is scoring a lot more than before.

The New York Islanders have found similar success under Doug Weight (15-7-3) and St. Louis has gotten a decent bump since Mike Yeo (11-6-0 before Monday night's game) got started.

Florida made the earliest change, dropping Gerard Gallant for general manager Tom Rowe, but the Panthers are falling fast out of the Eastern Conference playoff race.

THE CANADIAN PRESS

.952

Carey Price's save percentage under new Montreal head coach Claude Julien.

BASEBALL IN BRIEF

Tebow productive with bat and glove in Mets' victory

Tim Tebow has gotten his first hit for the New York Mets.

The former NFL quarterback singled Monday in a 6-4 exhibition game win against Miami Marlins left-hander Kyle Lobstein.

Tebow was hitless in his first eight at-bats in spring training before his opposite-field single. Playing left field, the former Heisman Trophy winner also made a head-first diving catch in the second inning to rob Justin Bour of a hit.

THE ASSOCIATED PRESS

Gregorius leads Dutch team to rout over Israel

Didi Gregorius drove in five runs Monday to lead the Netherlands over Israel 12-2 and hand the tournament debutants their first loss of the World Baseball Classic.

Gregorius doubled in a run in the third when the Netherlands scored four to take a 6-0 lead. The designated hitter then hit a three-run homer in the fourth to make it 10-0.

Gregorius also drove in a run in the eighth on a sacrifice fly when the Netherlands added two more runs.

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Herdman hedging his bets

COLLEGE FOOTBALL

Simon Fraser product leaves CFL door open after pro day

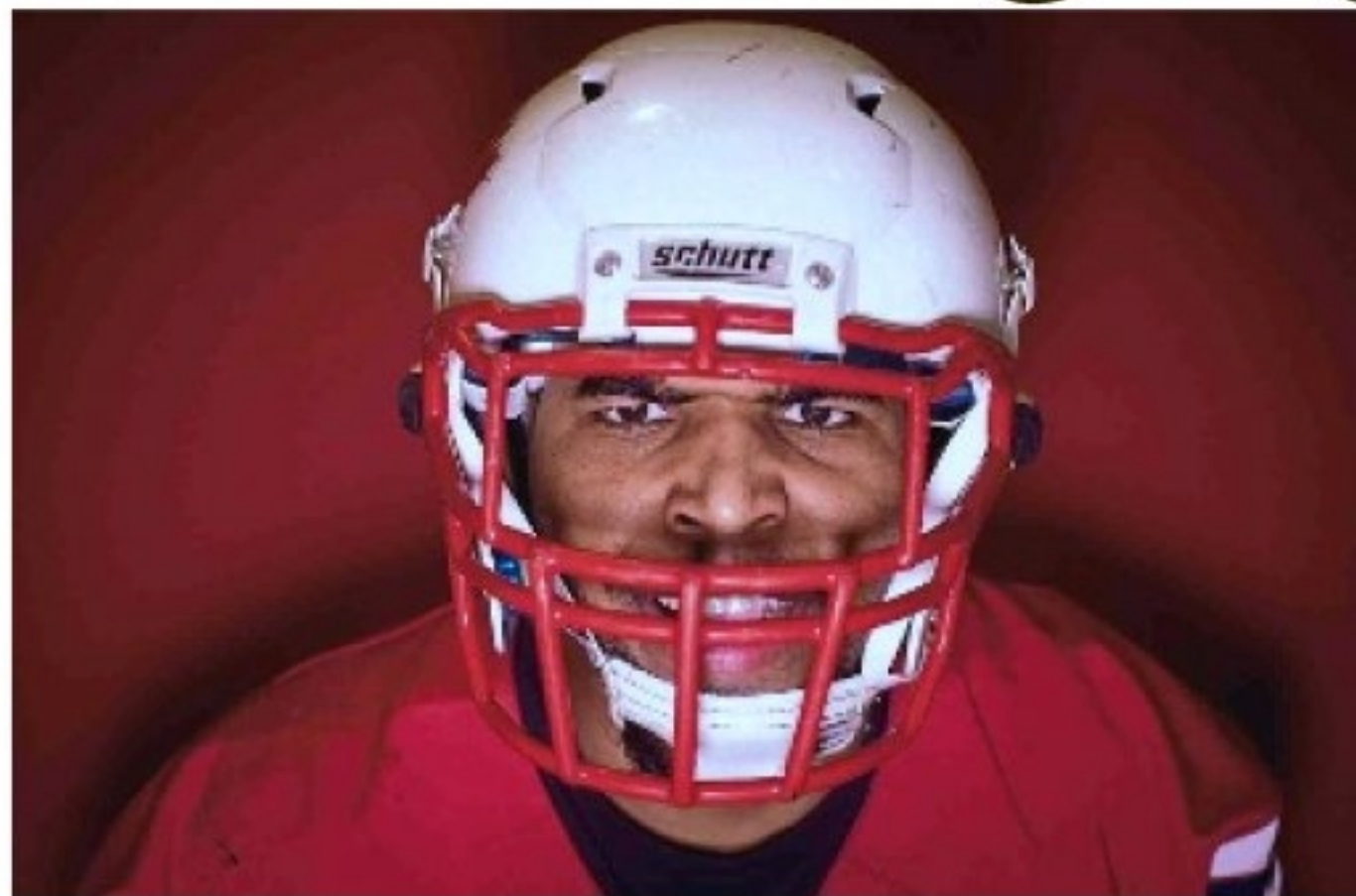
Jordan Herdman might not be done running against the clock.

The Simon Fraser University linebacker said Monday he didn't have his best workout at his pro day Friday and is leaving the door open to participating in the CFL combine March 23-25 in Regina.

Herdman originally decided against running in Saskatchewan but is reconsidering in order for another chance to post better results.

"I might have a change of heart," Herdman said. "I think I can get better numbers but I'm going to talk it over with my agent and we'll see."

Herdman, his twin brother Justin, also a linebacker, and running back Ante Milanovic-Litre worked out for scouts from the Atlanta Falcons and Arizona Cardinals as well as four CFL clubs Friday in North Vancouver, B.C. Jordan Herdman had solid ef-



Simon Fraser linebacker Jordan Herdman is reassessing his pro options after working out for teams last week. DARRYL DYCK/THE CANADIAN PRESS

forts in the bench press (23 reps) and broad jump (nine feet four inches) but his 40-yard dash time of 4.97 seconds — as recorded by a scout at the workout — and 28-1/2-inch vertical jump could both be improved upon.

And Herdman — who measures five foot 10 (he's been listed at six foot) and weighs 234 pounds — struggled with his footing on some agility drills.

"It's definitely a relief to have the pro day over with," Herd-

man said during a telephone interview.

"I wish I could've got some better numbers but, I mean, it is what it is. I've hit better numbers during training and feel I could've definitely posted

better times but you only get one attempt and so if you slip or stumble that's what they go with. I think they (scouts) also have to take into account I play football very well so they have to watch the film and see how I play on the field."

Herdman was hoping to post a 40-yard dash time in the high 4.6s or low 4.7s but said Monday he'd been battling a hip ailment.

"I felt like my start was how it usually is and my 10-yard time was good," Herdman said. "But the last 20 (yards) wasn't the best. I feel I

can do much better than that, that's not a good time for me."

Herdman enjoyed a stellar career at Simon Fraser, registering Great Northwest Athletic Conference records for career (428), single-season (165) and single-game (26) tackles. Twice he was named the GNAC's top defensive player.

The Winnipeg native was a late addition to the Senior Bowl in January in Mobile, Ala., becoming the first player in school history to earn the honour. Herd-

man made the most of it, delivering a thunderous hit on Jamaal Williams after the BYU running back took a short pass over the middle in the Jan. 28 game.

"I was expecting a bit better showing," said Geroy Simon, the most prolific receiver in CFL history who's now the B.C. Lions' director of Canadian scouting. "In a pro day you want to show your athletic ability, you want

to show your explosiveness, you want to show your speed and acceleration and change of direction."

But Simon also said evaluat-

ing talent isn't an exact science. "Some scouts don't care about size," he said.

"If you have the ability to play, if you have the ability to run and do the things you need to do, they'll take a shot on you."

Simon added Herdman's game film shows very well.

"On film you can see his quickness, his explosiveness, you can see his ability to read plays," Simon said. "He's a very fit kid, he looks like a football player."

THE CANADIAN PRESS

I feel I can do much better than that.

Jordan Herdman

WEEKDAY CAMP

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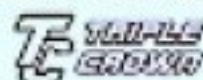
5:00pm - 6:30pm

- 1 1/2 hours of instruction per evening
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- Low player / instructor ratio
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FA CUP

Kante strike ends United's title defence

N'Golo Kante sent Chelsea into the FA Cup semifinals by ending Manchester United's title defence on Monday, sealing a 1-0 victory after the holder's Ander Herrera was dismissed on a fiery night at Stamford Bridge.

Herrera was booked twice — the first time harshly — for fouling Chelsea winger Eden Hazard, leaving United a man down from the 35th minute while already trying to cope without suspended top-scorer Zlatan Ibrahimovic.

Kante broke the deadlock five minutes into the second half after Paul Pogba failed to close him down before unleashing a shot from 20 yards (meters) that beat goalkeeper David De Gea.

It left United without a victory at Chelsea since 2012. Former club Chelsea, the runaway Premier League leader, remains on course to complete Antonio Conte's first year with a double.

Chelsea will discover later whether it will face Arsenal, Tottenham or Manchester City in the semifinals next month at Wembley Stadium.

It was always likely to be a combustible atmosphere with Mourinho returning to Stamford Bridge. Adding to the theatrics, smoke was pumped across the field. Mourinho's achieve-



Chelsea's N'Golo Kante clashes with Manchester United's Paul Pogba on Monday. JULIAN FINNEY/GETTY IMAGES

ments at Chelsea across two spells have also been obscured.

"You're not special anymore," sang Chelsea fans, between expletive-filled chants directed at the self-styled "Special One."

Mourinho responded with typical bravado, directing three fingers at the fans who once adored him to signal the trio of Premier League titles won with him at the helm.

THE ASSOCIATED PRESS

NFL IN BRIEF

Source: Hightower gets no deal with New York Jets

Dont'a Hightower visited an AFC East rival — and left without a deal. The New York Jets announced Monday that they met with the free agent linebacker, one of the most-coveted players available this off-season.

Hightower, who has helped the New England Patriots win two Super Bowls in his five NFL seasons, met with the Jets on Sunday and Monday, according to a person with direct knowledge of the situation. THE ASSOCIATED PRESS

Vet Ware calls it a career

DeMarcus Ware won't be returning to the Dallas Cowboys nor the Denver Broncos as expected. The 12-year NFL veteran is instead retiring.

Ware announced his decision Monday on Twitter. Next to a split image of the Cowboys and Broncos, Ware wrote, "After a lot of thought and prayer, I've decided to accept the unknown and retire from my NFL career. Long-term health of quality of life outweigh the spark and passion to play."

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Delicious Avocado and Tuna Sandwich

PHOTO: MAVA VISNYEI



Ceri Marsh & Laura Keogh
For Metro Canada

- 1/2 avocado sliced
- 2 tortillas

Packing your lunch can feel as insurmountable of a task as hitting the gym before the office but this sandwich errs on the side of easy and delish so you can make both happen in the morning. OK, fine, you can skip the gym.

Ready in 10 minutes
Serves 2

- Ingredients**
- 1 can tuna packed in water
 - 1 stem of celery chopped fine
 - 1 or 2 Tbsp mayonnaise
 - 3 or 4 cherry tomatoes chopped
 - 1 carrot, grated

Directions

1. In a bowl, mix tuna, celery, tomatoes and mayonnaise.
2. On the tortilla, make stripes of the tuna mixture, grated carrots and avocado slices.
3. Wrap tightly in the tortilla. Slice in half. Repeat for second sandwich

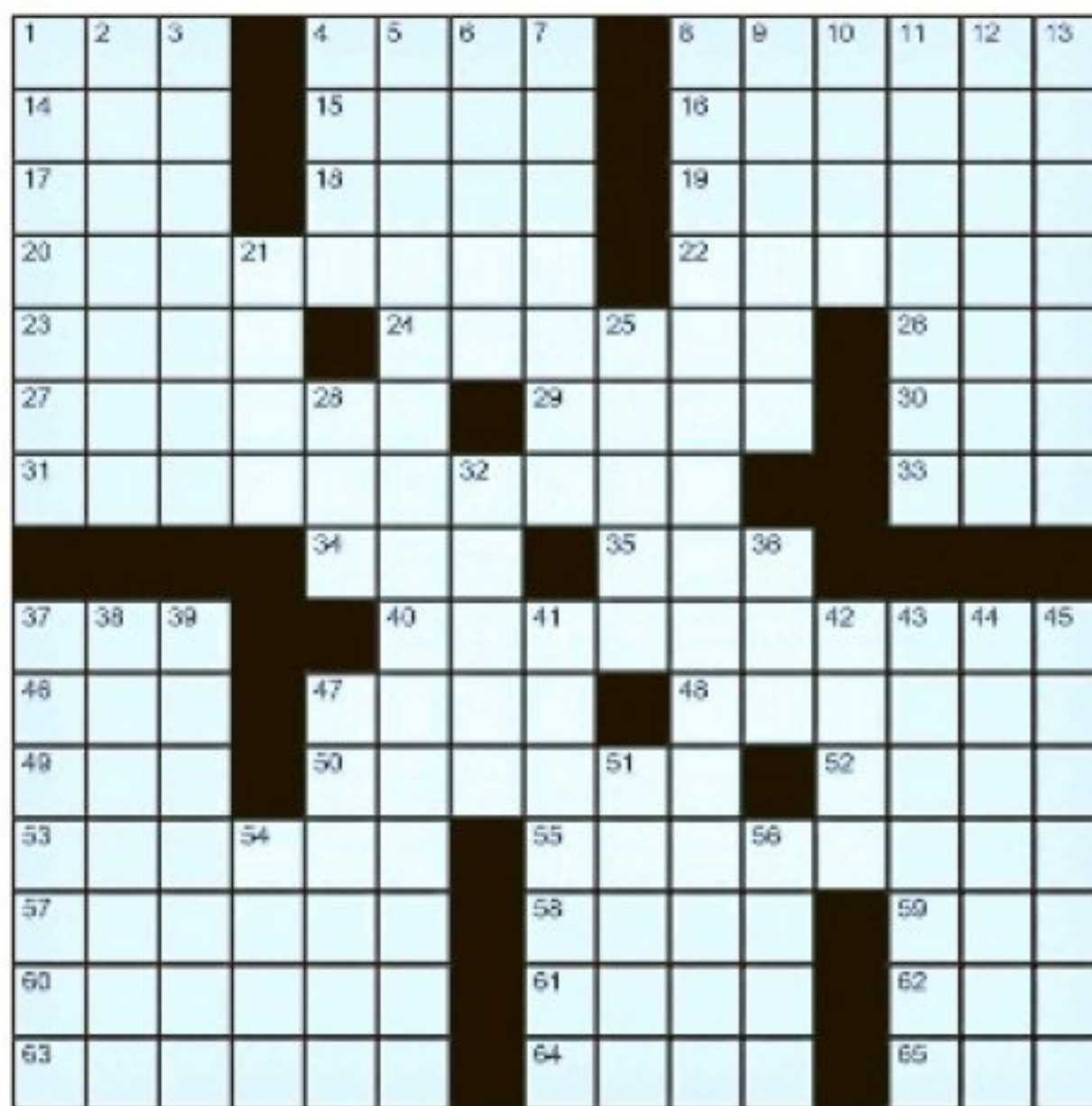
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Seal herd
4. Take __ (Try the drink)
8. The animal TV production mascot Mimsie: monogram + meower
14. 'Is', plurally
15. Someone smitten's status
16. Medieval king of legend
17. One bone of the chest
18. Organic compound
19. Melon variety
20. Accepted the terms in the contract, for instance: 2 wds.
22. __ a go between (Is the mediator)
23. Nautically navigate
24. Solemn
26. Old English letter
27. Diner dish
29. Moisturizer content
30. Riddle-me-__
31. "Obladi, Oblada, __" - The Beatles
33. "Hiss!"
34. TV show since '75
35. WWII soldiers
37. Gas stations of a multinational company headquartered in London, England
40. MuchMusic's old documentary-style series about recording artists: wd. + symbol + wd.
46. Grampus
47. Rip off
48. Daniel Defoe character, Robinson __
49. "-haw!"
50. Metallica drummer Lars



52. Li'l owed money installments
53. Prefix to 'fugal' (Outwardly moving from the middle)
55. CBC's daytime life-styles show: 2 wds.
57. Unrepeated happening
58. Grouping

59. __-disant (Self-styled)
60. "Fab!"
61. "Born Free" (1966) lioness
62. Veil heroine in ancient Greek myth
63. Fittings in clothing store changing rooms

64. Robert of "The Brady Bunch"
 65. Washington politician, wee-ly
- DOWN**
1. Shade provider in a lovely painting
 2. Paper crafting
 3. Question/interview

4. Pulitzer-winning author James
5. Steep sedimentary sights on PEI's coastline: 2 wds.
6. "___ Extremes" by Billy Joel
7. Picasso's fashionable daughter, and

- namesakes
8. Kraft Dinner: wd. + symbol + wd
9. __ Ellis Ross (Diana Ross' actress daughter)
10. Washington state volcano, __, __, Helens
11. Those going after blowing away belongings
12. Songs of dawn
13. Ruins the hotel room
21. Fashionable magazine
25. Online journals
28. For instances, for short
32. Pomp and Circumstance Marches composer, Sir Edward __ (b.1857 - d.1934)
36. __ John A. MacDonald
37. Particular protest
38. Primping person
39. 1996 Mother Earth album: '___ and Fish'
41. Bypassing being
42. __ 'tea' (Orange Pekoe serving, perhaps)
43. Gradual method of learning
44. Like still-raw meat on the BBQ: 2 wds.
45. Sitting
47. "___ U.S.A." by The Beach Boys
51. South American country
54. Benicio Del __
56. Alum

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful, because it's easy to overreact when dealing with others today, especially partners and close friends. Remember — you don't have to win all the time.

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today, because they will turn into a fight. Instead, look for ways to be supportive of co-workers on the job.

Gemini May 22 - June 21
Disputes about shared property, children or even a romantic relationship might take place. It's easy to make a mountain out of a molehill today — take it easy.

Cancer June 22 - July 23
Be patient with family members today, especially female relatives, because jealousy is likely. Furthermore, people will stifle their emotions today, then let them loose. (Yikes!)

Leo July 24 - Aug. 23
Avoid arguments with siblings and daily contacts today. In one way, you feel optimistic and upbeat, but this might change quickly if you cross swords with someone.

Virgo Aug. 24 - Sept. 23
Financial arguments are likely today because people are quick to anger. Be careful, because it's easy to blow things out of proportion today.

Libra Sept. 24 - Oct. 23
This is a tricky day. In one way it's positive, upbeat and happy (oh, yes). However, if someone disagrees with you, things could turn nasty very quickly. Stay calm.

Scorpio Oct. 24 - Nov. 22
Something going on behind the scenes concerns you today. Initially, it pleases you. Nevertheless, be careful, because someone might be jealous. (It might even be you.)

Sagittarius Nov. 23 - Dec. 21
Go gently when dealing with friends today, especially acquaintances in a group, because things might quickly turn nasty. Go with what works, and avoid what doesn't.

Capricorn Dec. 22 - Jan. 20
Avoid arguments with bosses, parents and VIPs today. For one thing, they will become public, and this might not look good for you. Stay chill.

Aquarius Jan. 21 - Feb. 19
Your enthusiasm for politics, religion or racial issues might quickly turn into an argument today, so be careful. Make sure you know your facts and that you stick to them.

Pisces Feb. 20 - March 20
A dispute about shared property or inheritances might get out of hand today. Try to avoid this, if you can. Postpone this discussion till another day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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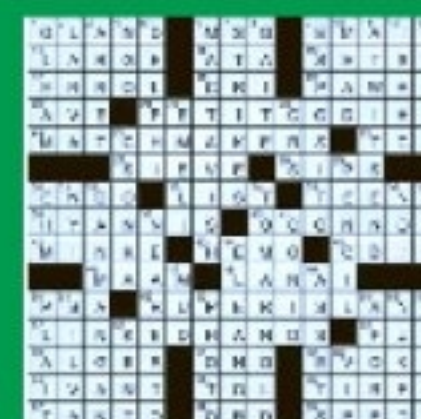
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YESTERDAY'S ANSWERS

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9	8	7	5	4	1	2	3	6
1	3	6	8	7	2	9	4	5
4	2	5	6	9	3	1	7	8
5	4	9	7	3	8	6	1	2
2	7	1	9	5	6	4	8	3
8	6	3	2	1	4	5	9	7
7	9	8	4	2	5	3	6	1
6	1	2	3	8	9	7	5	4
3	5	4	1	6	7	8	2	9

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